

## Heat Relief

Excessive heat warnings are issued by the National Weather Service on a regular basis during the hottest summer months in Arizona. The extreme temperatures are difficult for some populations to escape. Those who are homeless, for instance, can have a difficult time finding refuge from the heat. Here are some tips to avoid heat-related illness:

Take advantage of free air-conditioning by visiting locations like libraries, shopping malls, or other heat refuge locations provided on the map.

Limit exercise or outdoor activity between the hours of 11 a.m. to 3 p.m.

Increase fluid intake regardless of activity level. Staying hydrated is extremely important.

To find your local Heat Relief Refuge or Hydration and Emergency Heat Relief Station, visit: [azmag.gov/heatrelief](http://azmag.gov/heatrelief)

Source: The Maricopa Association of Governments